



MENTORING LADIES

MATERIAL

Belief System:

I am in Control



Belief System: I am in control

○ Introduction:

Let's look at the meaning of control and what it means to be in control of something or someone.

Control generally means having power over something, directing its actions, or keeping it within limits. To determine the behaviour or supervise the running of something.

- Are you someone or do you know someone who has difficulty delegating? You struggle to trust others to do things correctly and end up doing them yourself.
- You have a need to win arguments and have the last word.
- You believe that you know what's best for others. You are "just helping" them or giving constructive criticism.
- You constantly correct people's methods and get upset if they don't meet your standards.
- You set rigid rules and high expectations.

But where does this need to control come from? There are definitely some common causes, so let's take a look.

- Anxiety and fear drive the need to control outcomes and make people feel safe. They believe that control prevents bad things from happening.
- Childhood experiences like growing up in an unstable and chaotic environment.
- Past traumatic events can create a fear of vulnerability and the need to control.
- Learned behaviour from observing controlling figures like parents and caregivers can lead to adopting similar behaviour.
- Some personality types characterized by the need for precision, logic and order are prone to control. This often manifests as rule-following, perfectionism and difficulty dealing with unexpected changes.
- Low self-esteem and insecurity can lead to seeking dominance in order to compensate.

- Personality disorders can manifest as controlling behaviours.

The intention behind controlling behaviour is usually not to harm someone, but a deep-rooted need for security and order, even if it damages relationships and creates stress.

○ **Belief system:**

It was only after getting married that I started to realise there was something in the way that I interacted with my husband that caused a lot of conflict between us. Only when I joined women's mentoring and started to walk in an accountable relationship with one of the leaders was I able to give it a name: Control

I believed that my way was the right way and because of that, I told my husband how to do things in and around the house. When our children were born, it carried on, as I had strong opinions about how we should raise them and obviously made sure my husband understood that very well.

Beliefs produce a pattern that looks like the following:

I believed that my way was the right and only way. This caused the thinking that there were certain things that my husband could not do right, which in turn led to the feeling of frustration(emotions) toward him and a lot of conflict and more control(behavior).

○ **Conclusion:**

This really is prideful thinking and before long I started to take control of most things in our home. After a while I was doing more and more by myself, because who wants to help if he could never get it right? So, I ended up being tired, frustrated and irritated most of the time.

The belief that "I am in control" will influence your marriage as well as your workplace and interactions with your colleagues. It will have a big impact on the way you raise your children and will influence your relationships with family and friends. It makes you feel superior, thinking you are better than they are. You will feel constant frustration, will start to do more and more by yourself and end up being exhausted most of the time.

BUT, there is HOPE with Jesus!!

○ **Practical Application for RENEWAL:**

1. A) Do you **recognize** this belief of control in yourself, someone in your family or one of your friends or colleagues?
1. B) Ask God where this belief of “I am in control” comes from.
2. **Repent** (release) it to God.
3. **Replace** it with truth. What is God saying to you and what does His word (scripture) say?
4. **Reinforce** the truth through declaration, prayer and doing life in community with fellow believers.

○ **Prayer:**

Father God, I now see that most of the time I believe the lie that “I am in control”! I realise that sometimes it is learned behaviour, other times I control because of fear and many times I just try to cope with the chaos around me.

But today I come to You with a humble heart and repent of this pride, thinking that my way is the only way. I acknowledge that YOU alone are in control, not me! You are my peace when I feel overwhelmed! And thank you that your perfect love drives out all fear!

Thank you for your Holy Spirit that will remind me of every truth whenever I am tempted to believe the lie and want to take control again. Help me to find and surround myself with a community of believers who can keep me accountable and pray for me.

I now declare that I am free of this belief of control and I stand on your Word of truth and every beautiful promise:

James 4:10 NIV

Humble yourselves before the Lord, and he will lift you up.

1 John 4:18 NIV

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

II Timothy 1:7 NKJV

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

John 14:27 ESV

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

1 Corinthians 14:33 NIV

For God is not a God of disorder but of peace...

Psalms 46:10 NIV

He says, "Be still, and know that I am God..."

Psalms 55:22 AMPC

Cast your burden on the Lord [releasing the weight of it] and He will sustain you...